






Eat Smart Be Smart

Fight BAC!

-  **Grade Level:** Kindergarten **Lesson Time:** 20-30 Minutes
-  **Integrated Core Subjects:** Science, Health Enhancement
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Montana Content Standard:** Science 3: Students, through the inquiry process, demonstrate knowledge of characteristics, structures and function of living things, the process and diversity of life, and how living organisms interact with each other and their environment.
-  **Objectives:** Students will identify and demonstrate safe food practices.

Lesson/Activity

1. Write the word "bacteria" on the board and review the definition with children. Bacteria are living things that live everywhere, are very small, are invisible, and some are helpful while others can make you sick.
2. Read *The Story of BAC* with your puppet to the children. Afterward, ask the students what they learned about bacteria and ask them to predict how the safety practices work to get rid of bacteria. Ask the kids to name places (bathroom, playground, stair rail, floor) in the school where they may pick up bacteria. Use the 4 pictures of *Ways to Fight Back* to emphasize these important safety practices:
 - Wash your hands often, especially before and after handling food.
 - Refrigerate food that should be kept cold.
 - Rinse fruits and vegetables with water before eating.
 - Keep counters clean - backpacks, pets and shoes don't belong on the counter.
3. Hand out the *Fight BAC* coloring page and have students color it.
4. Tell them they are now members of the "Food Safety Patrol" and demonstrate the correct hand washing procedure. Have the students mimic your demonstration before lunch or when coming back from recess. Post the hand washing song lyrics by the hand washing sink and sing it with the kids each day before lunch. Post the *Fight BAC* pictures around the classroom or have the students make their own *Fight BAC* puppet.

Materials Needed

- **Teacher handouts:** *The Story of BAC* and 4 *Pictures of Ways to Fight BAC*
- *Fight BAC* puppet page
- Paper bag or sock (to make puppet)
- A copy of the *Fight BAC* coloring page for each student

Continued on next page

Outcome Goals

Students will be able to identify the four main food safety practices

Extending the Lesson

- ✎ Arrange with the school foodservice manager for a tour of the kitchen during which she/he can describe the many ways they keep the food safe and free of bacteria by following proper food handling and food preparation practices.



Eat Smart Be Smart

Acknowledgments/Adapted From
Fight BAC! Program—www.fightbac.org